

# 30 Day Pleasure Challenge

Increase your capacity for pleasure in life  
Engage your senses for 30 days

Welcomed.com

Your notes: <b>DAY 1</b>  1 minute	Your notes: <b>DAY 2</b>  2 minutes	Your notes: <b>DAY 3</b>  3 minutes	Your notes: <b>DAY 4</b>  4 minutes	Your notes: <b>DAY 5</b>  5 minutes	Your notes: <b>DAY 6</b>  6 minutes	Your notes: <b>DAY 7</b>  7 minutes
Your notes: <b>DAY 8</b>  8 minutes	Your notes: <b>DAY 9</b>  9 minutes	Your notes: <b>DAY 10</b>  10 minutes	Good going! Incremental change builds pleasure  REST DAY	<b>DAY 11</b>  12 minutes	Your notes: <b>DAY 12</b>  13 minutes	Your notes: <b>DAY 13</b>  14 minutes
Your notes: <b>DAY 15</b>  15 minutes	Your notes: <b>DAY 16</b>  16 minutes	Your notes: <b>DAY 17</b>  17 minutes	Your notes: <b>DAY 18</b>  18 minutes	Your notes: <b>DAY 19</b>  19 minutes	Your notes: <b>DAY 20</b>  20 minutes	Good going! Deliberately plan for tomorrow  REST DAY
Your notes: <b>DAY 22</b>  22 minutes	Your notes: <b>DAY 23</b>  23 minutes	Your notes: <b>DAY 24</b>  24 minutes	Your notes: <b>DAY 25</b>  25 minutes	Your notes: <b>DAY 26</b>  26 minutes	Your notes: <b>DAY 27</b>  27 minutes	Your notes: <b>DAY 28</b>  28 minutes
Your notes: <b>DAY 29</b>  29 minutes	Your notes: <b>DAY 30</b> Congratulations DO something special for your last day  30 minutes					

## The Challenge:

Allow time each day to pleasure your senses. This is for **you**, even if you have a partner. Notice how those deliberate good feelings affect your quality of life. This can be whatever pleasure means to you, for example:

- **Sight:** Looking at trees blowing in the breeze
- **Smell:** Take in the sweet scent of flowers
- **Taste:** A cup of tea or a flavorful cheese or chocolate
- **Sound:** Enjoy the birds outside or a piece of music
- **Touch:** Stroke a piece of fabric or you could choose to stroke your own body
- **Conceptual Thought:** Read a sensual book or piece of poetry, watch a DO video online, something that pleasures your mind

Choose one or several of the different categories above for each day. Mix and match your senses!  
Write notes on this calendar to track your daily progress.